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**Federal State Autonomous Educational Institution of Higher Education  
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA  
RUDN University**

**Institute of Medicine**

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educational division (faculty/institute/academy) as higher education programme developer

**COURSE SYLLABUS**

Physical Culture

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course title

**Recommended by the Didactic Council for the Education Field of:**

31.05.03 Dentistry

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field of studies / speciality code and title

**The course instruction is implemented within the professional education programme of higher education:**

Dentistry

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higher education programme profile/specialisation title

2022-2023

## 1. COURSE GOAL(s)

The goal of the course “Physical Culture” is to equip students with knowledge of human body systems and to introduce students to key concepts of physical activities. Students learn to go in for many kinds of sports and to understand structure-function relationship between sport exercises and physical health of human body in different aspects.

## 2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) “Physical Culture” is aimed at the development of the following competences /competences in part: **General Professional Competences- (GPC)-7**

*Table 2.1. List of competences that students acquire through the course study)*

Competence code	Competence	Indicators of Competence Formation (within the framework of this discipline)
GPC-7	Able to keep the proper level in physical fitness to ensure full social and professional activities	GPC-7.1 able to define the kinds of sport exercises, can determine scientific and practical basements of physical culture and healthy lifestyle.
		GPC-7.2 acquainted the different sport means practical usage

## 3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective\* component of (B1) block of the higher educational programme curriculum.

\* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

*Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results*

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-7	Able to keep the proper level in physical fitness to ensure full social and professional activities		Preparing to pass the State exams

## 4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course “Physical culture” is 2 credits (72 academic hours).

The total workload of the discipline "Physical culture" is equal to 7 credits.

*Table 4.1. Types of academic activities during the periods of higher education programme mastering*

Type of academic activities		Total academic hours	Semesters/training modules	
			1	2
Classroom learning , <i>ac.h.</i>		<b>68</b>	<b>33</b>	<b>35</b>
Including:				
Lectures (LC)		-	-	-
Lab work (LW)		-	-	-
Seminars (workshops/tutorials) (S)		70	34	36
Self-studies, academic hours		2	2	0
Evaluation and assessment (exam or pass/fail grading)		-	-	-
<b>Total workload of the discipline</b>	academic hours_	<b>72</b>	<b>36</b>	<b>36</b>
	credits	<b>2</b>	<b>1</b>	<b>1</b>

## 5. COURSE CONTENTS

*Table 5.1. Course contents and academic activities types*

Course module title	Course module contents (topics)	Academic activities types
Module 1: The Basics...	Self control in physical exerciseing and sports	S
	Human physical development indicators	S
	Human functional statement indicators	S
	Physical fitness indicators	S
	Physical fitness indicators	S
	Physical indurance indicators	S
	Human Psycho-physiological statement Indicators	S
	Human Psycho-physiological statement Indicators	S
	Physical culture in production activities of bachelor and specialist	S

## 6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

*Table 6.1. Classroom equipment and technology support requirements*

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
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Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
Self-studies	Classroom for self-studies of students (can be used for seminars and consultations), equipped with a set of specialized furniture, and computers with stable wireless Internet connection. (aud. 245, 246).	<p>Technical equipment: multimedia projector BenQ Projector MX 525, projection screen, laptop ASUS X515JP-BQ029T, computer Lenovo V530S-071CB with stable Internet connection.</p> <p>Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest stable release).</p>
Seminar	Gymnasium for different kinds of sport training (Gym at the «Druzhba» sport club).	Sport benches, mats, fitballs/heavy fitballs, ropes, kettlebells/dumbbells/barbells in various weights, sport barriers, sport exercises machines, other sport equipment.

## 7. RESOURCES RECOMMENDED FOR COURSE STUDY

### *Main readings:*

1. Allyanov Yu.N., Pismensky. Physical culture: textbook for bachelors. – M.: Yurait, 2014.
2. Vilensky M.Ya. Physical culture and Healthy Lifestyle of Students: educational textbook. - 4-th issue - M. :KnoRus, 2016.
3. Muller A.B., Dyadichkina N.S., Bogachenko Yu.A. Physical culture: textbook for high school students. – M.: Yurait, 2016

### *Electronic full-text materials:*

1. Physical Culture (Theoretical course)

<https://esystem.rudn.ru/course/view.php?id=917>

2. Lecture course for discipline “Physical culture”:[http://web-local.rudn.ru/web-local/prep/rj/files.php?f=pf\\_926d773205934017eb18c4f80ce1f8a5](http://web-local.rudn.ru/web-local/prep/rj/files.php?f=pf_926d773205934017eb18c4f80ce1f8a5)

3. Theory and Practice of Physical Culture. Scientific and Theoretical monthly journal of Russian Ministry of Sport and Russian Central State Institute of Physical Culture.  
<http://tpfk.infosport.ru>

4. Physical Culture for Students. Digital textbook [http://cnit.ssau.ru/kadis/ocnov\\_set/](http://cnit.ssau.ru/kadis/ocnov_set/)

***Printed publications:***

1. Austin, D. Get energy!: empower your body, love your life / Denise Austin. – New York, 2011. – 240 p.
2. Boreham, C. The development and evolution of fitness testing equipment and procedure suitable for use in physical and health education of primary school children. Final report. Belfast, The Quiches University of Belfast / C. Boreham. – 1989. – S. 12–16.
3. Champion, N. Aerobics Instructor's. Handbook / N. Champion, G. Hurst. – FISAF : Kandaroo Press, 1999. – 133 p.
4. Cooper, K.H. New aerobics for women / K.H. Cooper. – USA : Bantam books, 1998. – 324 p.
5. Fitness and physical fitness of girls 7 to 17 years / R.M. Malina, G.H. Beunen, A.L. Claessens, J. Lefevre, B. Vanden Eunde, R. Renson, B. Vanreusel, G.
6. Simon. Obesity Research, 1998. – P. 221–231.
7. Fonda, J. Jane Fondas Fitness Buch Ich fuhle mich gut / J. Fonda. – Frankfurt Ficher, 1983. – 300 p.
8. Jan, G.B. Fitness Through Aerobic / G.B. Jan. – New York : Paperback Other, 2004. – 234 p.
9. Lamb, D. Physiology of aerobic exersizes / D. Lamb. – New York : Macmillian, 2001. – P. 36–44.
10. Wilmore, J.H. Physiology sport and exercise / J.H. Wilmore, D.I. Costill. – Champaign: Human Kinetics, 1994. – 549 p.

### *Internet (based) sources*

#### 1. Electronic libraries with access for RUDN students:

- Electronic library network of RUDN – ELN RUDN <http://lib.rudn.ru/MegaPro/Web>
- ELN «University Library online» <http://www.biblioclub.ru>
- ELN Urait <http://www.biblio-online.ru>
- ELN «Student Advisor» [www.studentlibrary.ru](http://www.studentlibrary.ru)
- ELN «Lan» <http://e.lanbook.com/>

#### 2. Databases and search engines:

- electronic fund of legal and regulatory and technical documentation <http://docs.cntd.ru/>
- search system Yandex <https://www.yandex.ru/>
- search system Google <https://www.google.ru/>
- abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

*Training toolkit for self- studies to master the course* \*:

The set of lectures on the course "Physical Culture"

\* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

### **8. ASSESSMENT TOOLKIT AND GRADING SYSTEM\* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL UPON COURSE COMPLETION**

The assessment toolkit and the grading system\* to evaluate the competences formation level (GPC-7) upon the course study completion are specified in the Appendix to the course syllabus.

\* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

#### **DEVELOPERS:**

Associate Professor of the  
Department of Physical  
Education and Sport

E.A. Lubyshev

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name of department

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signature

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name and surname

**HEAD of the** of the Department

of Physical Education and Sport:

T.R. Lebedeva

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name of department

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Signature

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name and surname

**HEAD of the Higher Education Program:**

First Deputy Director of MI  
for Academic Affairs

S.N. Razumova

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name of department

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signature

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name and surname